

# Inspired Eating

## Recharge Right in the Morning with Grains and Protein in Kellogg's Cereal and Milk

(NAPSA)—There is a lot of information out there about nutrition at breakfast—but the truth is, a simple bowl of cereal and one cup of skim milk gives your body grains and protein to help start the day right.

The powerful combination of grains and protein in Kellogg's cereal and milk helps recharge your body right after the overnight fast. Emmy nominated TV personality and board-certified emergency medicine physician, Dr. Travis Stork, and Kellogg's are working together to show families how important a nutritious breakfast is.

"A bowl of your favorite cereal, like Kellogg's Raisin Bran, Frosted Mini-Wheats or All-Bran, and one cup of milk provides nutrients many of us may not get enough of," says Dr. Stork. "It's a quick and easy way to get fiber, protein, calcium, Vitamin D and potassium each morning."

Kellogg's cereal and milk is a great way to start the day with nutrients from the dynamic duo of grains and protein. Grains help you recharge after the overnight fast and protein helps rebuild.

With so many varieties, Kellogg's cereals are sure to please everyone in the family. To show families how the already tasty combination of cereal and milk can be made even more delicious, Kellogg's teamed up with chef, owner and founder of Milk Bar, Christina Tosi.

"I'm excited to work with Kellogg's to share how a nutritious bowl of cereal and milk can be a delicious breakfast treat with a little bit of creativity in the



**Cereal and milk can be a great way to start the day since it offers nutrients from the dynamic duo of grains and protein.**

kitchen," says Tosi. "I love to play around with Kellogg's tasty cereals, milk and imaginative toppings—the combinations are endless!"

Tosi has created a variety of classic and unique Kellogg's cereal and milk combinations to help people recharge right with a delicious breakfast:

- Banana Nut: Special K + Milk + Almond Nut Butter Drizzle + Fresh Sliced Banana
- Pistachio Lemon: Special K + Frosted Flakes + Milk + Pistachios + Lemon Zest + Thyme
- Berry Au Lait: Frosted Mini-Wheats + Milk + Ground Coffee + Raspberries
- Harvest Swoon: Frosted Mini-Wheats + Milk + Ground Cinnamon + Fresh Sliced Pear
- Tropical Mermaid: Frosted Mini-Wheats + Rice Krispies + Milk + Toasted Coconut Flakes + Fresh Sliced Pineapple

To learn more about how cereal and milk offers a tasty combination of grains and protein that helps recharge your body, visit [www.Kelloggs.com/CerealAndMilk](http://www.Kelloggs.com/CerealAndMilk).